



HERITAGE

National Preparedness Month: What You Can Do

September is National Preparedness Month. Sponsored by FEMA, National Preparedness Month aims to educate and empower Americans to prepare for and respond to all types of emergencies, including natural disasters and potential terrorist attacks.

National Preparedness Month is a time to prepare yourself and those in your care for emergencies and disasters, both large scale and smaller local events. We know that emergencies can happen unexpectedly in communities just like yours, to people like you. We've seen tornado outbreaks, river floods and flash floods, historic earthquakes, tsunamis, and even water main breaks and power outages that impact communities for days at a time.

As commendable as they may be in their profession of assisting those in need, police, fire and rescue may not always be able to reach you quickly in an emergency or disaster. The most important step you can take in helping your local responders is being able to take care of yourself and those in your care for at least a short period of time following an incident; the more people who are prepared, the quicker the community will recover. You are not helpless in the face of an emergency. With just a few simple steps, you can Be a Force of Nature by **knowing your risk, taking action and being an example** in your community.

Know your risk: Emergencies can happen anywhere, at any time. It is important to understand potential risks where you live. *What you can do:* Bookmark weather.gov to stay informed on severe weather. Learn about Wireless Emergency Alerts, messages that will be sent to your phone during an emergency. Get practical tips on preparing for disaster at ready.gov.



Take action: Make sure that you and your family are prepared for an emergency. Ensure that you can go for at least three days without electricity, water service, access to a supermarket, or other local services. *What you can do:* Prepare a disaster supply kit with at least three days of food and water. Create a Family Emergency Plan, so that your family knows how to communicate during an emergency. Obtain a NOAA Weather Radio.

Be an example: Be a positive influence on your community by sharing your preparedness story. Let your friends and family know that you're prepared for an emergency – and that they should be prepared too. Research has shown that many people won't prepare until they see others doing so. *What you can do:* Share your preparedness story on Facebook so that friends and family will know what you'll do in case of disaster. Get involved with your local American Red Cross Chapter or train with a Community Emergency Response Team (CERT).

You don't know when an emergency might occur. These simple steps will help you be prepared for the worst.

FEMA's Ready.gov website provides detailed information on what may be most important to you and your family. You can find specific information tailored to specific needs such as people with disabilities, seniors, assisting children, business readiness, and even information for your pets. For more information, see Ready.gov

CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor**

Edward J. Kennedy Jr.

**Vice Mayor**

Daniel P. Rourke

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Corey A. Belanger

Rodney M. Elliott

John J. Leahy

James Leary

Rita M. Mercier

James L. Milinazzo

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

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Receptionist: Tara Donnelly
978-674-1171 ~ tdonnelly@lowellma.gov

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**Civic Events:** Carol Lannan  
978-674-1169 ~ CLannan@lowellma.gov  
**Volunteer:** Sandra Breen  
978-674-1176 ~ sbreen@lowellma.gov

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Outreach Caseworker: Amy Medina Leal
978-674-1167 ~ aleal@lowellma.gov

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**Volunteer Coordinator:** Eileen Golden  
978-674-1173 ~ egolden@lowellma.gov  
Monday, Tues. & Thurs. 8:00 AM-1:00 PM

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Outreach Volunteers:John R. Lawlor ~ 978-674-1174 ~ jlawlor@lowellma.gov
Monday-Friday ~ 10:00 AM-3:00 PM (by appointment)
Carol Violette ~ 978-674-1168 ~ cviolette@lowellma.gov
Tuesday—Friday 10:00 AM-2:00 PM

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**Kitchen Staff—978-970-4132**Virginia Valdes & Karl Correa ~ Weekdays  
Chuck Kuenzler ~ Weekends

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S H I N E (Serving Health Insurance Needs for Elders)

Joan Gong ~ 978-674-1172

First come, First served, Mondays: 8:30-10:30 AM

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**Legal Services Assistance & Referrals**

For an appointment call: 978-458-1465

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Pollard Library ~ 978-674-8634**COA Library Annex ~ 978-970-4186**

Arthur Toupin ~ Library Aide & Photo Contributor

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**Lowell Senior Center Hours of Operation:**Monday—Friday: Open **6:30 AM—4:00 PM**

Lunch served at 11:30 AM

Saturday—Sunday: Open **7:00 AM—12 PM**

Breakfast and Lunch ONLY

**COUNCIL ON AGING****BOARD OF DIRECTORS***Joan Bedford**Joyce E. Dastou**Andrew Hostetler**Eric Lamarche**John R. Lawlor**Sidney Liang**Vincenzo Milinazzo**Suellen O'Neill**William Sheehan, Chair*

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Next meeting: Mon., Sept. 12th
at 9:00am - Public Welcome**FRIENDS of the**
Lowell Council on Aging, INC.**BOARD OF DIRECTORS****PRESIDENT**

Rita M. Mercier

VICE PRESIDENT

Dr. Joseph M. Downes Jr.

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

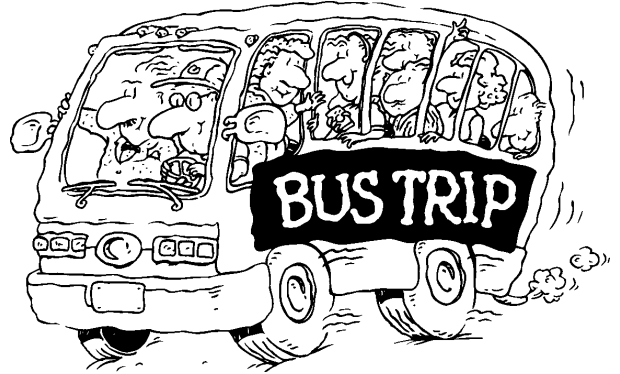
Call 978-674-1172

**Next meeting: Fri., Sept. 30th**  
**9:30 am - Public Welcome**

## **Roger's bus trips for ages 60+ ONLY ... but Motorcoach bus trips for ages 18+**

All trips must be paid in full one month prior to travel date. LCOA policy: NO REFUNDS (insurance available on some trips). Wednesday trips depart from the Ayotte Garage (no charge unless otherwise noted).

The office is now open from 6:30 AM to 3:30 PM. Detailed event flyers available outside the office on the second floor. For more info, contact Carol Lannan at 978 -674-1169 or [CLannan@lowellma.gov](mailto:CLannan@lowellma.gov)



### **OVERNIGHT TRIPS *Don't lose out* — Book NOW!**

**December 4-5, Sunday—Monday ... Christmas New York Style ...** Cost: \$399 per person double, \$499 single. Includes: lodging at the Sheraton in Tarrytown, NY; Tour of the Union Church of Pocantico Hills with stained glass windows designed by Henri Matisse & Marc Chagall; Tour of Lyndhurst Castle; an amazing Christmas Show at Westchester Broadway Dinner Theatre; Radio City Music Hall Christmas Spectacular Show; about 3 hours for shopping & lunch on your own all in 2 days & 1 night. A \$50 per person deposit confirms reservation. Final payment is due October 28. A trip protection program is available for \$25 and ensures a full refund (less \$25) regardless of the cancellation date.

**December 7-9, Wednesday-Friday ... Christmas at the White Mountain Hotel and Resort ...** Double \$389, Triple \$369, Single \$499. Includes all Room and meals taxes & gratuities. Featuring Colonial Williamsburg décor for the season. Over 150 tax-free shops and outlets in the area and downtown. Relax and unwind in this majestic winter wonderland! 2 Nights, 4 meals, 2 breakfasts and 2 dinners plus 3 Christmas shows, admission to the "Festival of Trees" in Wolfeboro plus deluxe motor coach, round trip baggage handling and a Christmas gift. **ONE ROOM LEFT!**

### **DAY TRIPS**

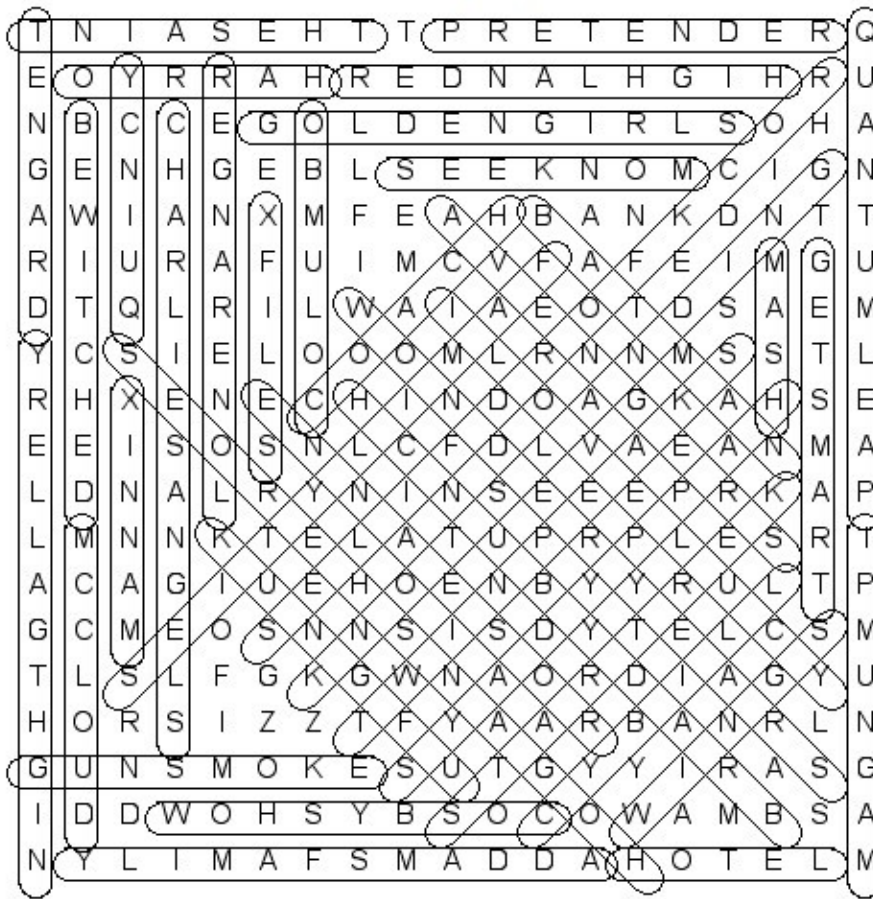
**October 3, Monday ... Twin Rivers Casino, Rhode Island. Cost: \$25.** Includes \$7.00 food coupon & \$10.00 slot play. Depart 8:30 SHARP. Bus returns at 4:30 pm. **SOLD OUT**

**October 7, Friday ... Winnepesaukee Hobo Railroad ... Delightful, Delicious & Scenic Railroad Tour**  
**Cost: \$45. SOLD OUT**

**October 18, Tuesday ... The Perfect Combo Trip—New England Goes Country PLUS the New Hampshire Turkey Train ... Cost: \$99. SOLD OUT**

**November 14, Monday ... Twin Rivers Casino, Rhode Island. Cost: \$25.** Includes \$7.00 food coupon & \$10.00 slot play. Depart 8:30 SHARP. Bus returns at 4:30 pm.

**November 17, Thursday ... Silver Sizzle at Luciano's Lake Pearl in Wrentham MA ... Cost \$65.** The "Silver Sizzle" is a mix of dynamic song, thrilling dance performances, and gut-busting comedy all performed by an 8 person cast all of whom are 50 and better! Featuring performances by Former Radio City Music Hall Rockettes. Meal included: Holiday Roast Turkey Dinner with all the fixings.



Over 4,000+ food and wine enthusiasts will converge in Lowell for the three-day feast which is rooted in Lowell's rich tradition and heritage. This incredible Festival features the best local culinary talent, producers and ingredients; while organically aligning with celebrated chefs, gastronomic educators and vintners from around the world for a fresh and unique experience. More info at [www.tlwf.org](http://www.tlwf.org)

PLACE & TIME IS SUBJECT TO CHANGE,  
IF THERE ARE NOT ENOUGH PEOPLE  
SIGNED UP — ESPECIALLY TRIPS  
MARKED WITH AN (\*) ASTERICK

## **Do you need help applying for MassHealth or the Health Connector?**

Enrollment Assistants, like Navigators and Certified Application Counselors (CACs), can help you understand new coverage options available as a result of national health care reform and find the most affordable coverage that meets your needs. These trained and certified individuals can help you from application through enrollment into new health insurance plans and answer your questions about your eligibility, application, payments, plan details, and health care reform rules and requirements.

**IMPORTANT NOTE:** Most organizations require you to call ahead to schedule an appointment. If you call a local hospital or community health center, ask for the "Patient Financial Counselor Department" for assistance.

Certified Application Counselors in the Lowell area are:

- \*Lowell General Hospital  
295 Varnum Avenue Lowell, MA 01854  
978-937-6000
- \*Cambodian Mutual Assistance Association  
120 Cross Street Lowell, MA 01854  
978-454-6200
- \*Lowell Community Health Center  
161 Jackson Street Lowell, MA 01852  
978-937-9700



## **Tax Tips from the AARP Tax-Aide Volunteers**

To combat identity theft, starting next year, the Social Security Administration will no longer print your entire 9-digit social security number on your SSA-1099 (your Social Security Benefit Statement).

This is important because it means that the only valid proof of your full social security number is your social security card, a letter from the Social Security Administration with your full 9-digit social security number, or your Medicare card (if it ends with an "A").

AARP Tax-Aide tax volunteers are required to verify the social security numbers for each taxpayer, spouse, and all dependents on each return. To avoid any problems next tax season, now would be a good time to locate your social security card. If you can't find it you can order a replacement card from the Social Security Administration. Remember to put it in a safe place and bring it with you when you have your taxes done next year.

## **Choral Group Singers**

Rehearsals:  
Mondays at 1:00 pm



Mondays 8:30 am  
1st come, 1st served

## **FREE on THURSDAYS!**

Ping Pong  
10am-12pm



Art Class  
12pm-2pm



## Doctor's, Nurse's & MORE

Blood Pressure & Weight Check:

**Circle Home, Inc.:**

the 2nd Tuesday from 8:00—10:00 am &  
the 3rd Tuesday from 10:00 am—12:30 pm

**Albert Gauthier RN:**

Wednesdays from 9:30—11:30 am

**Commonwealth Nursing:**

the 1st & 4th Tuesdays from 10:00 am—  
12:00 pm

**Dr. George Potamitis from Pro-Rehab:**

Question and Answer sessions every  
Wednesday from 10:00 am-11:00 am

**Affordable Hearing with Christopher**

**Streeter:** Hearing Testing, Hearing  
Instrument Testing. 4th Wednesday of each  
Month from 9:30am-11am in Board Room.  
Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci:** 2nd  
Tuesday of each month, please call 1-978-  
758-5378.

**City of Lowell Public Health Nurse:** The

2nd Thursday of each month from 9:00  
A.M. until 11:00 AM for Blood Sugar  
Monitor Checks. (Please bring your own  
blood sugar monitor). AND the 1st and 3rd  
Thursday of each month from 9:00 A.M.  
until 11:00 A.M. for Question and Answer  
session regarding Health Issues

FLCOA Annual Outing held at VFW Post 662 in Lowell, MA



The Friends of the Lowell Senior Center held their Annual Outing/Fundraiser event last month at the Lowell VFW on Plain Street. Games and raffles were held at the facility with over 150 attendees enjoyed the festivities along with food and music. Entertainment was provided by DJ Ray Tremblay. Pictures: "A" Alice Montanez, John Luz & friend; "B" Michelle Ramalho with Pat & Frank; "C" Michelle Ramalho with Debora & Raymond Marion; "D" Michelle Ramalho with Connie & Joe Dussault; "E" President of the Friends Lowell Council on Aging Inc. and City Councilor Rita M. Mercier says a few words to the attendees sitting: Peggy Rusky & Shirley Hamer.

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so  
we are out the door in one hour!)*



## YOGA

with Diana Kyricos

Wednesdays 10-11 am ~ Veterans 11:15- 12:15 pm  
\$5.00 per class

Benefits? Helps with arthritis,  
flexibility, strength, mobility, range of  
motion, pain, high blood pressure,  
breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

[Diana@atmamoves.com](mailto:Diana@atmamoves.com)



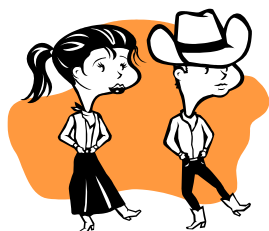
**Mah-Jong**

Mondays

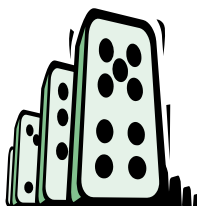
12:00—3:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**If interested,  
please contact  
Charlotte LandryTuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

We're sorry to inform you that Kim will be unable to conduct her popular Hawaiian Dance Lessons for the next several weeks.

**Lowell Senior Center****SENIOR RESOURCE FAIR****WHEN: Thursday, October 6, 2016****TIME: 10:00am to 12:00pm****WHERE: Lowell Senior Center***Please Join Us!**Educating and Connecting through Community Resources**Raffles, give-a-ways, refreshments and more!*

**For more information please contact  
Elaine Melanson at  
[emelanson@elementcare.org](mailto:emelanson@elementcare.org)**

**Quilting Lessons**

Newcomers' welcome!

Wednesdays  
12:30—3:00 pm**TAI CHI**Tuesdays 10:15– 11:15  
8 weeks for \$24 or walk-ins \$5 per class

Helps with: Arthritis, strengthening the Immune system, High Blood Pressure, and Osteoporosis!

Acupressure Points also taught: for headaches, stress, upset stomach & more!

**Knitting & Crochet Group**Tuesdays  
12:00—3:00 pm

Newcomers' welcome!







## COA Volunteer Recognition Luncheon & Party

**FUN ... FOOD ... GIFTS  
& DANCING !**

Among the other enthusiastic people that attended the Annual Volunteer Appreciation Party:

Pictured are ...

top ... Henry Cluff ,Albert Gauthier,, John Lawlor, Bernie Wilson and Pedro Perez

middle ... the catering company servers and volunteer Beverly Gonzalez

bottom ... a wide angle shot shows dancers stepping into a Greek dance—Moucho!

**Thanks to all that helped  
to create a SUPER time  
for all!**



To your left:  
Volunteer Coordinator Eileen Golden, Volunteers Shirley Kiernan, Doris Santos, Perla Tejano, and from Knitting & Crochet: Lydia Baldonado, Teresa, & Linda.

PHOTO ID'S AVAILABLE  
AT THE LOWELL SENIOR  
CENTER

*No Appointment necessary!*

Sturdy plastic Digital Picture Identification cards are now available to seniors, 60+.

Tuesday-Friday from 10:00 a. m.  
to 2:00 p. m.

The cost is \$3 each.

Please see Carol Violette in the second floor office, directly across from the elevator.

## YOGA for VETS

with Diana Kyricos

Wednesday's

11:00 am—12:00 pm \$5.00

A chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.

## **B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

50¢ per card



*Prize  
amounts vary  
due to  
attendance.*

*PLUS  
additional  
prizes!*



## They Say It's "Just Nerves....."

But it hurts! Nerves can stop you from working. They can upset your personal relationships and transform the busy and interesting person you used to be into someone else.

Dr. Claire Weekes has treated victims of nervous illness with care that only a sympathetic, understanding doctor could have. From the man who has trouble swallowing...to the woman who cannot travel outside the safety of her home ... to the young girl who is afraid she will be sick in public. Dr. Weekes has answers for them all. She knows about the tricks your nervous system can play on you and gives down-to-earth, step by step guidance for achieving full recovery. (Australian Medical Journal)

You may think it is an illness because of how you feel (it most certainly seems like this), but how you feel depends on how you think. Because it is an illness of how you think, you can recover. Thoughts that are keeping you ill can be changed. In other words, your approach to your illness can be changed.

Now, don't despair when you read this. I know how easily you despair and how impossible it may seem to you at this moment to imagine changing your approach to your illness. It is my work to show you how to do this; to help you do this. Don't despair...take heart. The strength to recover is within you once you are shown the way.

Every Friday afternoon Anxiety Support Group meets at the Lowell Senior Center from 2:00 to 3:45 and discusses Dr. Weekes's method of treating "Bad Nerves". Those attending receive informative CDs of Dr. Weekes explanation of nervous symptoms and guidance toward recovery.

## Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017.

During Medicare Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

## Do Not Wait Until It's Too Late!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

## Anxiety Support Group

with Steve Coupe

Fridays

2:00—3:45 pm

Steve will be away on medical leave and should return in September. Please check with 978-674-1172 to confirm his return.



Representatives will be available to answer any questions that you may have regarding your plan.

10:00 am—12:00 pm  
Wednesday, September 14

Whether you are a current member or someone needing coverage; stop by and learn more!



| MONDAY                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SEP</b><br><br><b>Center Closed</b><br><br><b>Labor Day</b><br>                                                                                                                             | <b>TEM</b>                                                                                                                                                                                                                                                                                                                                     | <b>BER</b>                                                                                                                                                                                                                                                                                | 1. 7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00-Ping Pong<br>12:00 Free Art Lessons<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B                           | 2. 7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>NO Senior Social                                                                                   |
| 5. CENTER CLOSED                                                                                                                                                                                                                                                                  | 6. 7-9 Breakfast Program 50¢<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10-12 LPD drop-in<br>10:15-11:15 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                                                                                                           | 7. 7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors \$5<br>11:15-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting                                                    | 8. 7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>10:00-Ping Pong<br>12:00 Free Art Lessons<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B  | 9. 7-9 Breakfast Program 50¢<br><b>9:00 Veterans Breakfast: Dental Dreams</b><br>9:30 Personal Computer/<br>Tablet Assistance<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social<br>2-3:45 Anxiety Support Group |
| 12. 7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br><b>9:00 COA Board Meeting</b><br>9:00 Getting Fit<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 13. 7-9 Breakfast Program 50¢<br>8-10 Circle Health Nurse<br>8:00 CTI meeting<br>NO Country Line Dancing<br><b>10:00—Cognitive Rehab Specialist Gail Arpin-Finck</b><br><b>BRAIN GAMES \$10.00</b><br>10-12 LPD drop-in<br>10:15-11:15 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet | 14. 7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors <b>Free</b><br><b>10-12 Fallon Info Table</b><br>11:15-12 Yoga for Vets <b>Free</b><br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting | 15. 7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>10:00-Ping Pong<br>12:00 Free Art Lessons<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B | 16. 7-9 Breakfast Program 50¢<br>9:30 Personal Computer/<br>Tablet Assistance<br><b>10-3 DINNER DANCE \$8</b><br><b>Dj David Garnick, Roast Beef</b><br>11:30-3:45 Poker<br>11:45 Wii Games<br>2-3:45 Anxiety Support Group                             |
| 19. 7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit                                                                                                                                                                       | 20. 7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10-12:30 Circle Health Nurse<br>10-12 Country Line Dancing                                                                                                                                                                                                                               | 21. 7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure                                                                                                                                                                                | 22. 7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br>10:00-Ping Pong                                                                                                                    | 23. 7-9 Breakfast Program 50¢<br>9:30 Friends Meeting<br>9:30 Personal Computer/<br>Tablet Assistance                                                                                                                                                   |

|                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>11:30 Lunch (see menu) \$2<br/> 12-3:45 Bid Whist Cards<br/> 12-4 MAH-JONG<br/> 1:00 Choral Group Rehearsal<br/> 1:45 CTI Bone Builders B</p>                                                                                                                            | <p>10:15-11:15 Tai Chi<br/> 11:30 Lunch (see menu) \$2<br/> 11:45 Wii Games<br/> 12-3:45 Cribbage<br/> 12-3 Knitting &amp; Crochet</p>                                                                                                                                                                                                  | <p>10-11 Yoga for Seniors \$5<br/> 11:15-12 Yoga for Vets \$5<br/> 11:30 Lunch (see menu) \$2<br/> 1-3 Bingo<br/> 1:30-3:30 Quilting</p>                                                                                                                                                         | <p><b>10:30 ProRehab speaks about Fall Prevention</b><br/> 12:00 Free Art Lessons<br/> 11:30 Lunch (see menu) \$2<br/> 12-3:45 Cards: 45's &amp; Whist<br/> 1:45 CTI Bone Builders B</p>                                                       | <p><b>10:00 Visiting Angels speaks about Saving \$ while Eating Healthy</b><br/> 11:30 Lunch (see menu) \$2<br/> 11:30-3:45 Poker<br/> 11:45 Wii Games<br/> 1-3 Senior Social sponsored by John King, 66th Anniversary<br/> 2-3:45 Anxiety Support Group</p>      |
| <p>26.<br/> 7-9 Breakfast Program 50¢<br/> <b>NO SHINE councilor</b><br/> 8:30 CTI Bone Builders A<br/> 9:00 Getting Fit<br/> 11:30 Lunch (see menu) \$2<br/> 12-3:45 Bid Whist Cards<br/> 12-4 MAH-JONG<br/> 1:00 Choral Group Rehearsal<br/> 1:45 CTI Bone Builders B</p> | <p>27.<br/> 7-9 Breakfast Program 50¢<br/> <b>9:30 Tufts Member Meeting</b><br/> 10-12 LPD drop-in<br/> 10-12 Commonwealth Nursing<br/> 10-12 Country Line Dancing<br/> 10:15-11:15 Tai Chi<br/> 11:30 Lunch (see menu) \$2<br/> 11:45 Wii Games<br/> 12-3:45 Cribbage<br/> 12-3 Brown Bag Pick Up<br/> 12-3 Knitting &amp; Crochet</p> | <p>28.<br/> 7-9 Breakfast Program 50¢<br/> 8:30 Getting Fit<br/> 8:30 CTI Bone Builders A<br/> 9:30 Affordable Hearing<br/> 9:30-11:30 Blood Pressure<br/> 10-11 Yoga for Seniors \$5<br/> 11:15-12 Yoga for Vets \$5<br/> 11:30 Lunch (see menu) \$2<br/> 1-3 Bingo<br/> 1:30-3:30 Quilting</p> | <p>29.<br/> 7-9 Breakfast Program 50¢<br/> 9:00 Getting Fit<br/> 10:00 AA Info meeting<br/> 10:00-Ping Pong<br/> 12:00 Free Art Lessons<br/> 11:30 Lunch (see menu) \$2<br/> 12-3:45 Cards: 45's &amp; Whist<br/> 1:45 CTI Bone Builders B</p> | <p>30.<br/> 7-9 Breakfast Program 50¢<br/> <b>9:30 Friends Meeting</b><br/> 9:30 Personal Computer/ Tablet Assistance<br/> 11:30 Lunch (see menu) \$2<br/> 11:30-3:45 Poker<br/> 11:45 Wii Games<br/> 1-3 Senior Social \$1<br/> 2-3:45 Anxiety Support Group</p> |

**SponSors**





# Lunch Menu



PLEASE SWIPE YOUR CARD & SIGN UP FOR LUNCH!

A donation of \$2.00 is required for **lunch that is served at 11:30 am**. Tickets are available daily until 10:30 am. Seniors that arrive later must pay cash and will follow ticket holders. Funding for our meal program is made possible by EOE, Merrimack Valley Nutrition, City of Lowell. See Tara if you need a card. **Menu subject to change**

| Sunday                                                                                                                       | Monday                                                       | Tuesday                                                      | Wednesday                                                   | Thursday                                                     | Friday                                                           | Saturday                                                      |
|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------|
| Due to increasing prices of food preparations, we need to increase the lunch donation to \$2.50 beginning October 1st, 2016. |                                                              |                                                              |                                                             | 1. Cheese Lasagna, green beans, wheat bread, pears           | 2. Mac & Cheese, stewed tomatoes, broccoli, wheat bread, pudding | 3. Chicken, rice, carrots, wheat bread, pineapples            |
| 4. Baked Ham, potatoes, peas, wheat bread, peaches                                                                           | 5. LABOR DAY<br>CLOSED                                       | 6. Veal Patties, pasta, green beans, wheat roll, mixed fruit | 7. Chicken Cordon Blue, rice, carrots, wheat bread, pudding | 8. Hot Dogs & beans, coleslaw, hot dog rolls, sherbet        | 9. Crunchy Lite Fish, potatoes, mixed veggies, wheat roll, pears | 10. Pork Pie, potatoes, green beans, wheat bread, cake, juice |
| 11. Roast Pork, potatoes, peas, wheat bread, peaches                                                                         | 12. Chicken ala King, rice, biscuits, pears                  | 13. Stuffed Peppers, waxed beans, wheat bread, apricots      | 14. BB-Q Ribs, potatoes, mixed veggies, wheat roll, peaches | 15. Chicken Fajitas, rice, corn, wheat bread, juice, pudding | 16. DINNER DANCE—Roast Beef                                      | 17. Chicken Ravioli, green beans, garlic bread, pudding       |
| 18. Roast Beef, potatoes, green beans, wheat roll, cake                                                                      | 19. Chicken Salad, pasta Salad, 3-Bean Salad, rolls, sherbet | 20. Swedish Meatballs, pasta, peas, wheat bread, pineapples  | 21. Shepard's Pie, beet, wheat bread, juice, pudding        | 22. Chicken, broccoli 'n ziti, garlic bread, fruit           | 23. Pollock, potatoes, spinach, wheat bread, fruit salad         | 24. Hamburger, french fries, corn, wheat roll, pudding        |
| 25. Roast Turkey, potatoes, peas, stuffing, gravy, wheat roll, oranges                                                       | 26. Stuffed Shells, green beans, wheat bread, apples         | 27. Chicken Patties, rice carrots, wheat bread, pudding      | 28. Salisbury Steak, potatoes, peas, wheat bread, apricots  | 29. Pork Chops, potatoes, wax beans, wheat bread, pears      | 30. Fish Sticks, potatoes, green beans, wheat roll, fruit salad  |                                                               |

|                                                                                                                                      |                                                                                                                           |                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <p>Wednesday, September 7th<br/>At 10:00 am</p> <p>Walgreens Pharmacy Manager<br/>Parvathi Kumar hosts Blood<br/>pressure Clinic</p> | <p><b>Sunday, September 11,<br/>2016 is a Day of<br/>Remembrance:</b></p> <p><b>Patriots Day<br/>Grandparents Day</b></p> | <p>Friday, September 9th<br/>At 9:00 am</p> <p>Dental Dreams<br/>Seminar</p> |
|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|

Lowell City Hall

Monday September 26th

6:30PM

## NATIONAL DAY OF REMEMBRANCE



### Speakers

Mayor Edward Kennedy

LPD Chief William Taylor

Survivors

Tom Duggan

Steven Panagiotakos

Open mike

The City Of Lowell & The Merrimack Valley Chapter of Parents Of

Murdered Children and other homicides victims invite you to our

8th Annual National Day of Remembrance.

Names will be read, including the names from January 2009

to present from the Middlesex County.

The ceremony will conclude with Paul Belley playing "Amazing Grace" and

releasing of balloons.

If you would like to have your loved one's name read  
please contact Arnie Muscovitz

Merrimack Valley Chapter Of POMC  
PO BOX 8737  
Lowell Ma 01853

Presenting Paul Belley on the  
saxophone playing Amazing  
Grace



Phone: 978-452-5858

Fax: 978-455-5121

E-mail: amuscovitz@comcast.net



Ask Gerald! on Tuesday, Sept. 27,  
from 9:30 AM to 11:30 AM

Are you a current member looking  
to check on your benefits? OR are  
you looking for new plan choices?

The HMO plan is a Five STAR  
PLAN with Medicare (one of only  
12 in the Country). Enrollment  
will be open throughout the year.

**FREE**  
**Computer and**  
**tablet assistance**  
**with Pierre and Don**  
**Fridays 9:30 – 11:30**

This is **NOT** a teaching  
classroom but a problem  
solving workshop



## CTI Bone Builders Class

Learn how to strengthen your  
muscles, maintain or increase bone  
density, improve your balance,  
build confidence, prevent falls,  
nutrition & lifestyle changes, &  
make new friends!

See Calendar for dates & times

Call 978-674-1172 to register

\* Doctor's approval REQUIRED \*

## *Calling all Runners & Walkers...*

SAVE THE DATES! Merrimack Valley Food Bank

MILES FOR MEALS Tuesday, September 29, 2016  
6:00 pm Lelacheur Park

2 MILE TURKEY CARRY — Sunday November 20, 2016  
8:30 am at Cawley Stadium

For more information contact: szacharer@mvfb.org

# PUZZLES & MORE...

## Old TV Shows 3

Find and circle all of the old TV shows that are hidden in the grid.  
The remaining letters spell the name of an additional old TV show.

```

T N I A S E H T T P R E T E N D E R Q
E O Y R R A H R E D N A L H G I H R U
N B C C E G O L D E N G I R L S O H A
G E N H G E B L S E E K N O M C I G N
A W I A N X M F E A H B A N K D N T T
R I U R A F U I M C V F A F E I M G U
D T Q L R I L W A I A E O T D S A E M
Y C S I E L O O O M L R N N M S S T L
R H X E N E C H I N D O A G K A H S E
E E I S O S N L C F D L V A E A N M A
L D N A L R Y N I N S E E E P R K A P
L M N N K T E L A T U P R P L E S R I
A C A G I U E H O E N B Y Y R U L T P
G C M E O S N N S I S D Y T E L C S M
T L S L F G K G W N A O R D I A G Y U
H O R S I Z Z T F Y A A R B A N R L N
G U N S M O K E S U T G Y Y I R A S G
I D D W O H S Y B S O C O W A M B S A
N Y L I M A F S M A D D A H O T E L M
  
```

|                  |                |               |                |
|------------------|----------------|---------------|----------------|
| ADDAMS FAMILY    | FAMILY TIES    | KNOTS LANDING | QUANTUM LEAP   |
| AVENGERS         | GET SMART      | KUNG FU       | QUINCY         |
| BATMAN           | GOLDEN GIRLS   | LONE RANGER   | ROCKFORD FILES |
| BEWITCHED        | GUNSMOKE       | MAGNUM P.I.   | ROSEANNE       |
| BRADY BUNCH      | HAPPY DAYS     | MANNIX        | STAR TREK      |
| CHARLIE'S ANGELS | HARRY O        | MASH          | THE SAINT      |
| COACH            | HIGHLANDER     | MCCLLOUD      | TWIN PEAKS     |
| COLUMBO          | HOGAN'S HEROES | MONKEES       | WINGS          |
| COSBY SHOW       | HOTEL          | NIGHT GALLERY | WONDER YEARS   |
| CYBILL           | I LOVE LUCY    | PRETENDER     | X FILES        |
| DRAGNET          |                |               |                |

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answers on page 4



## Falls Free®

*National Council on Aging*

The 9th annual Falls Prevention Awareness Day (FPAD) will be observed on September 22, 2016—the first day of fall. The theme of this year's event is Ready, Steady, Balance: Prevent Falls in 2016.

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

For ideas on how to make the home safer, the Centers for Disease Control (CDC) offers a home assessment checklist in multiple languages. Visit [www.cdc.gov](http://www.cdc.gov) and search "falls checklist" to download a copy. Partner with your older adult loved one to do a home assessment and discuss opportunities to improve safety.



## **BE SURE TO CANCEL YOUR CREDIT CARDS BEFORE YOU DIE**

A lady died this past January and Citibank billed her for February and March for their annual service charges on her credit card. They then added late fees and interest on the monthly charge. The Balance had been \$0.00. It is now somewhere around \$60.00 A family member placed a call to Citibank:

Family Member: "I am calling to tell you that she died in January."

Citibank: "The account was never closed and the late fees and charges still apply."

Family Member: "Maybe you should turn it over to collections."

Citibank: "Since it is two months past due, it already has been."

Family Member: "So, what will they do when they find out she is dead?"

Citibank: "Either, report her account to the frauds division or to the credit bureau – maybe both!"

Family Member: "Do you think God will be mad at her?"

Citibank: "Excuse me?"

Family Member: "Did you just get what I told you – the part about her being dead?"

Citibank: "Sir, you'll have to speak to my supervisor." ... Supervisor gets on the phone

Family Member: "I'm calling to tell you – she died in January."

Citibank: "The account was never closed and the late fees and charges still apply."

Family Member: "You mean you want to collect from her estate?"

Citibank: (Stammer) "Are you her lawyer?"

Family Member: "No, I'm her great nephew."

Citibank: "Could you fax us a certificate of death?"

Family Member: "Sure."

Citibank (After receiving fax): Our system just isn't set up for death. I don't know what more I can do to help."

Family Member: "Well, if you figure it out, great! If not, you just keep billing her. I don't think she'll care."

Citibank: "Well the late fees and charges do still apply."

Family Member: "Would you like her new billing address?"

Citibank: "That might help."

Family Member: "Odessa Memorial Cemetery, Highway 129, Plot Number 69."

Citibank: "Sir, that's a cemetery!"

Family Member: "What do you do with dead people on your planet?" —(Sent in by George Schneekloth)



## **The DOs and DON'Ts of Opening a Line of Credit**

Credit cards can be a wonderful and dangerous thing. On one hand, they provide you with additional buying power and can strengthen your credit score. On the other, overspending can land you in serious trouble and cause major credit damage. When it comes to opening a new line of credit, what are the rules?

1. Don't Use Too Much of the Same Credit Type Credit diversity is crucial when it comes to a healthy credit score.
2. Do Establish an "Emergency Card" An Emergency Card is Great for Those Unexpected Expenses.
3. Don't Depend Upon Zero Percent Interest Offers; Even if you receive a zero percent interest offer, stick to items you can afford to pay off quickly.
4. Do Cash In On Rewards :Take a look at your spending habits and find a card that can help you save.
5. Don't Flood Your Credit with Too Many Accounts When it comes to credit, less is sometimes more.

## Memory Loss: Understanding Community Options

By Anne Marchetta

Comedian and TV host Ellen DeGeneres once quipped, “My grandmother started walking five miles a day when she was 60. She’s 97 now, and we don’t know where the heck she is.”

She was kidding, of course, but like all great comedians she was expressing a hard universal truth through humor, with this particular comedic delivery about the process of aging. Speaking more seriously, we often have concerns for our family members, friends, and even ourselves as we get older and become less able to do the things we use to do. Many wonder what the difference is between aging-related forgetfulness, such as misplacing your car keys, and serious mental decline, such as not remembering which car is yours or that you even own one.

In situations where dementia is diagnosed, how do we best care for a loved one if we are unable to spend every waking moment with that person? Are there strategies to prevent putting a loved one in a nursing home or assisted living residence?

The first thing to do is to ensure your loved one is getting the right care. The process should include a complete neurological assessment so that you can get a better handle on the type of dementia involved, its progression and the long-term prognosis.

The next step is trying to put resources in place to support your loved one. The majority of long term care in this country is actually provided by families who are caring for loved ones to keep them home as long as possible. It is important for caregivers to take advantage of supportive services to avoid emotional and physical exhaustion.

A report published by the Robert Wood Johnson Foundation indicates that caregivers, especially those caring for someone with dementia, experience physical and mental health stresses at a higher rate than the general adult population and their health status shows classic symptoms of stress. Taking advantage of community resources, including adult day health care, is vital to avoid burnout and ease the isolation experienced by many caregivers.

Dementia is a general term for memory loss and a decline in other thinking skills severe enough to interfere with daily life, caused by physical changes in the brain. The effects of dementia are progressive, with symptoms worsening over time. The most common type of dementia is Alzheimer’s disease.

Researchers believe that keeping the mind active, engaging in social activities, and exercising can slow the decline in cognitive function for those with dementia. Specialized memory loss adult day health programs can make a major difference in maintaining thinking skills and function. In these programs, dedicated staff provide specialized care in safe settings with a combination of activity rooms and private quiet spaces, along with activities and sensory experiences that improve well-being and reduce depression. They also help prevent caregiver burnout.

It’s important to remember that you are not alone. Resources are available. Reach out to community resources such as The Community Family’s specialized dementia adult day health program in Lowell, or by calling 1-800-AGEINFO, a guide to Massachusetts elder services.

Anne M. Marchetta is Executive Director of The Community Family, a non-profit adult day health organization with a memory loss center in Lowell.

|                                                                                                                                                            |                                                                                                                           |                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Tuesday, September 6th</b><br/>at 10:00 am</p> <p><b>Cognitive Rehab Specialist</b><br/>Gail Arpin-Finck presents<br/><b>BRAIN GAMES \$10.00</b></p> | <p><b>Thursday, September 22nd</b><br/>at 10:30 am</p> <p><b>ProRehab Dr. George speaks</b><br/>about Fall Prevention</p> | <p><b>Friday, September 23rd</b><br/>At 10:00 am</p> <p><b>Visiting Angels speaks on</b><br/>Saving \$\$\$ while Eating<br/>Healthy</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|

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FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL, THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

## **Try a yoga class for free on Wednesday, September 14, 2016**

**10:00 - 11:00 a.m.**

**Light refreshments will be available**

Try a free yoga class to experience for yourself the gentle physical movements that yoga offers. AnyBody can do yoga, whether sitting on a chair or on the floor, and still receive the benefits of practice. As we age and become less active and often sit for extended periods of time, muscles shorten, tighten and weaken. Lack of weight-bearing activity may lead to osteoporosis. Lack of movement and stretching may lead to joint deterioration, loss of flexibility and balance. Those suffering from arthritis and other stiff-joint conditions can also benefit from yoga.

### **What students are saying about Diana's yoga classes:**

"Diana eases us into moderate poses with a gentle start. She modifies her instruction to fit the physical capabilities of the class members present, and we are encouraged to use a chair whenever necessary. I find that my balance and flexibility are markedly better and my posture is improving. At the end of each session, I leave with a sense of peace and accomplishment." -Sheila

"After four years of yoga I found the following areas of stiffness were greatly alleviated: neck, fingers, hands, and back. My overall flexibility has also increased." -Nancy

"Since coming back to chair yoga I have noticed a big improvement in my mind, body, and spirit. I feel physically stronger and more at peace. I feel more accepting, tolerant, and patient. I find myself smiling more and feeling happier." -M.O.